

**Muscle Building Multiple Cuisine
Lunch and Dinner Menu
(24 - 28 December 2018)**

MONDAY, 24 DECEMBER 2018

PUBLIC HOLIDAY

TUESDAY, 25 DECEMBER 2018

PUBLIC HOLIDAY

WEDNESDAY, 26 DECEMBER 2018

III. LUNCH (JAPANESE CUISINE)

Menu

Chuka Mori Salad
Beef Yakiniku
Organic Brown Rice

DINNER (JAPANESE CUISINE)

Menu

Yasai Itame
Tori Tsukune
Fresh Fruit

THURSDAY, 27 DECEMBER 2018

IV. LUNCH (WESTERN CUISINE)

Menu

Tomato Basil Clear Soup
Baked Fish In Lemon And Herb Sauce
Organic Mexican Rice

DINNER (WESTERN CUISINE)

Menu

Waldorf Salad
Albondigas Beef
Sweet Bread With Choco Custard

FRIDAY, 28 DECEMBER 2018

V. LUNCH (ASIAN CUISINE)

Menu

Vegetable Moo Shu
Green Chicken Curry
Pad Thai

DINNER (ASIAN CUISINE)

Menu

Spiced Cauliflower Puree Soup With Yoghurt
Szechuan Steamed Fish
Pandan Roll